



**International Journal of Biology, Pharmacy  
and Allied Sciences (IJBPAS)**

*'A Bridge Between Laboratory and Reader'*

[www.ijbpas.com](http://www.ijbpas.com)

## EFFECT OF MURDHA TAILA IN THE MANAGEMENT OF ADHD

JAVEEDAHMAD V. BAGAYAT<sup>1,2</sup>, SWAPNIL RASKAR<sup>2</sup>

**1:** Ph.D. Scholar, Department of Kaumarbhritya (Balaroga), Parul Institute of Ayurveda, Parul University, Vadodara, Gujarat, India and Associate Professor BLDEA's Avs Ayurveda Mahavidyalaya, Vijayapura, Karnataka, India

**2:** Associate Professor, Department of Kaumarbhritya (Balaroga), Parul Institute of Ayurveda, Parul University, Vadodara, Gujarat, India

\*Corresponding Author: Javeedahmad V. Bagayat: E Mail: [javeed.bagayt@gmail.com](mailto:javeed.bagayt@gmail.com)

Received 15<sup>th</sup> June 2021; Revised 10<sup>th</sup> July 2021; Accepted 24<sup>th</sup> Aug. 2021; Available online 25<sup>th</sup> Jan. 2022

<https://doi.org/10.31032/ijbpas/2022/11.1.2014>

### ABSTRACT

Attention deficit hyperactivity disorder (ADHD) is one of the most common childhood disorders. ADHD is characterized by inattention, hyperactivity and impulsivity including increased distractibility and difficulty sustaining attention, and decreased self inhibitory capacity and motor over activity and motor restlessness. Children with ADHD have been found to have cognitive deficits, lower IQ, impaired social relationship with in the family and as well as poor study skills and lower academic achievement. In Ayurveda it occurs due to vitiation of Dhee, Dhriti, Smruti (memories) which results in to improper contact of the senses with their objectives and give rise to inattention, hyperactivity and impulsivity. At present existing treatment have severe side effects. In Ayurvedic Medical science Murdha Taila (Shiroabhyanga, Shirosek, Shiropichu and Shirobasti) are explain in different Samhita in management of Manogata Vikara. This has given a new hope to Ayurvedic practitioner in Management of ADHD in children's.

**Keywords:** Attention deficit hyperactivity disorder (ADHD), Murdha Taila Learning aid, Nootropic

### INTRODUCTION

In India a study had found that the prevalence of ADHD among primary school children was 11.32%. Prevalence was found to be higher among the males (66.7%) as

compared to that of females (33.3%). The prevalence among lower socio-economic group was found to be 16.33% and that among middle socio-economic group was 6.84%. It was found to be highest between the age group of 9 and 10 years.<sup>1</sup>

- Inattention means a person wanders off task, lacks persistence, has difficulty sustaining focus and is disorganized; and these problems are not due to defiance or lack of comprehension.
- Hyperactivity means a person seems to move about constantly, including in situations in which it is not appropriate; or excessively fidgets, taps, or talks. In adults, it may be extreme restlessness or wearing others out with constant activity.
- Impulsivity means a person makes hasty actions that occur in the moment without first thinking about them and that may have high potential for harm; or a desire for immediate rewards or inability to delay gratification. An impulsive person may be socially intrusive and excessively interrupt others or make important decisions without considering the long-term consequences.<sup>2</sup>

## ADHD AND AYURVEDA

In Ayurveda neither this disease nor the symptoms of ADHD are described but some references about abnormal behavior are discussed under features of vataprakriti Anavasthita Chittatva Mano vibhrama, Buddh ivibhrama, Smriti vibhrama, Sheela vibhrama, Cheshta vibhrama and Achara vibhrama can be correlated with ADHD.<sup>3</sup> According to Ayurveda, the main reason for ADHD is vitiation of dheer (rational thinking), dhriti (retaining power of the mind), smriti (memory) which causes abnormality and abnormal conduct resulting into improper contact of the senses with their objectives and give rise to inattention, hyperactivity and impulsivity.<sup>4</sup>

According to Ayurveda, psychological problems start when fundamental imbalances develop in the biological intelligence that controls all bodily processes.

External sneha therapy (Murdha Taila) in management of ADHD. These are more effective in management of ADHD. Shiroabhyanga, Shirosek, Shiropichu and Shirobasti come under Murdha Tail it is come under of Bhahya sneh these all procedures are effective in psychological disorders. These all procedure is very essay to perform in children's and more effective in the management of ADHD.

## 1. Shiroabhyanga

*Shiroabhyanga* come under *Snehana* therapy and its impotents is mention in many *Samhita* as a part of *Dinacharya* and all so in the treatment of *Shirorogataroga*.

According to *CharakaSamhita-Shiroabhyanga* helps to prevent *Shirahshoola* (headache), *Khalitya* (hair fall), *Palitya* (greying of hair). It gives strength to scalp, forehead, strengthen hair root and makes the hair black and long<sup>5</sup>. According to *SushrutaSamhita-Shiroabhyanga* cure diseases of *Shirah* (head), softens the hair, increases density and hair becomes black in colour, facial skin become beautiful and nourishes the sense organs<sup>6</sup>. It nourishes and strengthens the mind<sup>7</sup>

### Mode of action of shiro Abhyanga -

Physical pressure during the shiro *Abhyanga* causes the fluids to move in internal cavity, thus the prime effect of *Abhyanga* is lymphatic drainage. Constituently, lymph possesses relatively large amount of the amino acid tryptophan, as compared with dietary intake and has large amount of albumin (protein), glucose and histaminases (breaks down histamine). Hypothetically, blood amino acids like tryptophan increases after massage. Subsequently, an increase in plasma tryptophan causes a parallel increase in the neurotransmitter at motor end plates,

and serotonin impacts levels of mood, anxiety, and happiness. Illicit mood-altering hence it is important in several psychiatric diseases like ADHD, depression and schizophrenia. Thus *Abhyanga* relieves effective in the management of Manogata vyadhi.

## 2. Shiropichu

ShiruPichu is an Ayurvedic treatment procedure which combination of two terms, Shiro meaning head and Pichu meaning a swab or sterile cotton pad. That cotton pad dipping in selected warm medicated oil keeping on Brahma Randhra (anterior fontenalle) is called Shiropichu. This procedure effective for all types of Shirotatavyadhi and ManogataVyadhi. According to condition of patients we selected tail but in ADHD Vatadosha And Chitavegata are elevated in such condition we select the tail like Brahmitail, ShankhaPushpi tail etc are more effective for ADHD by shiropichu in Children. This procedure is very convenient procedure and more effective procedure in children.

### Mode of action of Shiropichu in ADHD

In condition of ADHD we selected Vatashamak and Medya property of tail is selected Local effect of Shiropichu depends on the type of Taila used for the procedure

and based on cellular absorption of drug through trans-dermal route. Systemically cellular absorption and circulation has effects on CNS. The symptoms of ADHD like hyper activity, inattention, Impulsivity caused mainly due to elevation of Vata dosh and Viciation of Manogata dosha. physical effect of shiropichu is improves the circulation by correcting the brain circulation is very important in stress and psychological symptoms caused by vasodilation and the neurological symptoms produced by intracranial vasoconstriction. Shiropichu may be helpful in regularizing the blood supply of brain and due to Tikshana, Vyavayi & Sukshma property of Taila it easily penetrates Manovaha Srotas correcting vitiation of vitiation of Manas Dosha (Rajas & Tamas). At the same time effect of Vatashamak properties of Tail effects on hyperactivity, Impulsivity and Inattention.

### 3. Shirodhara

This is a process of Murdhni Taila, where medicated oil or other substances such as, Takra, Ikshu Rasa, Kashaya, Ksheera etc. Is continuously poured on the forehead and allowed to flow over the scalp in a specific rhythm, is called Shirodhara<sup>8</sup>

#### Mode of action of Shirodhara

Medicated liquid poured from the height of 4 *Angula* on the forehead produces some

magnetic waves due to flow of oil<sup>9</sup> Strikes on the surface of the skin produce vibrations (electrical waves) which are transformed to the cerebral cortex & hypothalamus. Hypothalamus acts as the centre of the stimulation & inhibition centre in the body, hence soothing effect created on hypothalamus. It results in the secretion of various neurotransmitters like epinephrine, serotonin, dopamine etc. Hypothalamus controls the functions of the pituitary gland which is known as master gland of our body. Pituitary gland controls all the systems of the body. Mental stress and irritability are the causative factors where endocrine system gets imbalance of its normal function<sup>10</sup>. Due to the indirect stimulation of pituitary gland changes occur in psycho-somatic level. Hence, *Shirodhara* helps in relieving the mental stress by regulating the normal function of this gland.

### 4. Shirobasti

Shiro Vasti is a specific ayurveda treatment which is mainly indicated in Vata Rogas (neurological disorders) and Jathrudhwa gata Rogas (Head and Neck and ENT disorders). Shirobasti is a process in which warm medicated oil is made to stay stagnant on the scalp for a specific time in a proper formed frame made up of leather or rexine sheet.

This hot oil therapy on the head provides

thorough relief in several crucial aspects of the body Relief from stress, hypertension or high blood pressure, relief from minor psychic problems, better blood circulation, relief mental lethargy and cloudiness of thought, relief from syndromes of insensitivity, migraine, insomnia, eye diseases Mental and physical exhaustion Diseases of the head including tumors.

### Mode of action of Shirobasti

The superficial fascia of the scalp provides a proper medium for the passage of vessels and nerves to the skin. The superficial veins of neck and head commence in a diffuse network in his scalp. These drain into the collecting trunks. There are several routes through which extra cranial veins communicate with the intracranial veins. These veins are valve less, inter connecting and have bi-directional flow. The temperature of the Taila in Shirobasti leads to peripheral vasodilatation. This increases the peripheral circulation which nourishes the tissues, hastens phagocytosis and brings about regenerative changes. Thus, Shirobasti is a very complex process certainly influencing the Shareerika and Mansika Dosha, so it is effective in the management of ADHD.

### CONCLUSION

*Murdha Taila* is an important *Panchakarma* procedure in *Ayurveda*, and it is worldwide

popular due to its easy administration and effectiveness in several psychological disorders. Specially shiroabhyang and Shiropichu these two procedures are most convenient and effective procedure in children. These procedures purifying and rejuvenating therapy that eliminates toxins and mental exhaustion, relives stress and ill effects on the central nervous system. On the basis of above description, it is clear that *Murdha Taila* is effective in psychological disorders in children.

### REFERENCES

- [1] <https://www.downtoearth.org.in/news/health/study-finds-genetic-variants-that-increase-adhd-risk-62281>
- [2] Available at: <http://www.nimh.nih.gov/publicat/adhd.cfm#intro>. Accessed 9/7/2017.
- [3] CharakaSamhita (1999) edited by Tripathi BN Hindi commentary Vidyotini; Nidanasthana (vol.1) Chaukhambha Surabharati Prakashan, Varanasi, India; Verse No. 7/5.
- [4] Charaka Samhita (1999) edited by Tripathi BN Hindi commentary Vidyotini; Sharirasthana, (vol.1) Chaukhambha Surabharati Prakashan, Varanasi, India; Verse No. 1/136.).
- [5] Charaka Smhita, Vidyotini Hindi commentary Chaukhamba Bharti Akadmi

---

Prakashana Varansi, vol.1, Sutrasthana chapter 5 /81 page no.127. 15.

- [6] Shushrutsamhita, Chaukhamba Sanskrit Sansthana, Edition: Reprint, 2014 volume 1. Chaukhamba publication Hindi commentary ChikitsaSthana,24/25-26, page no.133
- [7] Guyton, hall pituitary hormone and their control by hypothalamus. 11th edition Textbook of Medical physiology. Noida, Elsevier. Reprint 2008.p.919-20.
- [8] A Principles and Practice of Panchakarma Dr. Vasant C .Patil, Chaukhamba Publication; Edition; Reprint 2016, chapter 8, page no.162.
- [9] Management Of Neurodegenerative Disorders through Murdha Taila, Nasya & Vasti, Rajimunnisa Begam Shaik *et al*; Review Article International Ayurvedic Medical Journal: Issn: 2320 5091.
- [10] Anthony S. Fauci, Eugene Brauwald Dennis L. Kasper, Stephen L. Hauser, Dan disorders. Harrison's principles of internal medicine. 2nd volume 17<sup>th</sup> edition New Delhi, McGraw-Hill companies. P.2710.